



May 2018



Jodi Ross,
Town
Manager

jross@westfordma.gov
www.westfordma.gov/tm
978-692-5500

Important:
Please sign up to
receive updates on the
latest road construction
in town.
[Subscribe to
Notifications](#)



**Bruce Freeman Rail Trail
Phase 2A, Ribbon
Cutting Celebration
Friday, May 11. 3:30 PM
At NARA Park in Acton**

**Memorial Day Services
Sunday, May 27**

**Strategic Planning
Retreat
Thursday, June 21
5:30-8:00 PM
Kimball Farm**



Watch
Meetings Online
westford CAT
community access television
www.westfordcat.org

Dear Westford residents,

Thank you to all residents who voted in our recent local election on May 1st, and congratulations to those newly elected and re-elected officials. I especially want to thank our staff and many volunteers who help conduct our elections in Westford. Here is a link to the [election results](#).

The Board of Selectmen met with abutters to Newport Materials, 540 Groton Road, at their May 8th meeting to discuss possible uses for the \$200,000 neighborhood mitigation funds as outlined in the settlement agreement. The abutters felt the funds should not be spent until the asphalt plant is built, which is still about a year away. At that time, they may have recommendations for spending. The Selectmen agreed and also asked to have an article on the fall special town meeting to conduct baseline testing now for air quality, ground water quality and possible future noise pollution, as suggested by Health Director, Jeff Stephens. The board also asked Jeff Morrisette to summarize his findings following an upcoming site visit for inspections.

The Selectmen met with representatives from The Roudenbush Community Center Inc to discuss possible lease changes proposed by them for agreeing to allow our Recreation Department to share the building at 65 Main Street. The board referred the proposed lease changes back to a task force who negotiated the original lease, and asked to include a Parks, Grounds, and Recreation Commissioner in the process. After the group meets with TRCCI and hopefully comes to agreement, they will return to the board for input or approval.

Sadly, it appears the Westford Farmer's Market will not be held this year. Sustainable Westford was unable to continue the market for many reasons, but has vowed to work with town boards and volunteers and bring back the farmer's market next year better than ever.

With spring finally here, Westford's Community Gardens officially started its 2018 season on April 28th. Our Community Garden is located at the Day Field, 44 Graniteville Road, near the intersection of Graniteville and Cold Spring Roads. Thank you to all of our volunteers and our town staff who help prepare for and produce such a healthy and fun initiative in our town.

Charged with looking for areas throughout town that may be designated as "safety zones," Westford's Road Safety Zones Committee presented recommendations to the Board of Selectmen, which were approved, to establish two safety zones in Westford. These zones include 25 mile per hour advisory signs, as these areas are identified as having "vulnerable road users" present. One of these zones is located in our town center and will help ensure the safety of those who use our town common, the Whitney Playground, Roudenbush Community Center, J.V. Fletcher Library, Town Hall, Parish Center for the Arts, Westford Museum, and the bank, insurance office and coffee shop. The second location is in Forge Village and includes the Cameron Senior Center, crosswalks for the Abbot Mill, access to Freedom Park, access to three stores and the post office. You may view this link for [maps of the approved Road Safety Zones](#).

(Continued on next page)

With approval at our March 2018 Annual Town Meeting for design funds and any other related expenses, our Permanent Town Building Committee is continuing to develop plans for a new center building to replace the outgoing fire station headquarters at 51 Main Street. The committee's meetings are public, and residents are encouraged to attend to discuss the design of the new building. You may [view some conceptual drawings of the building at the project's webpage](#), and you may learn more about [the Permanent Town Building Committee at their own webpage](#).

In partnership with surrounding towns, state agencies and local businesses, Westford supports CrossTown Connect, a transportation management association that provides methods for residents and commuters to get around town, to businesses, and to nearby train stations. CrossTown Connect is establishing a new shuttle route on June 4th between the Littleton commuter train station and Juniper Networks that will stop at points along the way on Route 110. To learn about and contact

CrossTown Connect regarding this new route and other services, please [visit the CrossTown Connect website](#).



On Saturday, May 5th I was honored to join the Board of Selectmen, State Representative Jim Arciero, Westford's Parks, Grounds, and Recreation Commission, Department Director Jim Duane, and many young softball players and coaches at the American Legion Fields for the Opening Day Ceremonies of the Westford Youth Baseball and Softball League. It was a beautiful, spring day for the opening games. In addition to that excitement, there was a ribbon cutting to celebrate the official opening of the Audrey Cogliano playground, made possible by the generous donation of \$50,000 by local resident Jim Cogliano and his family in remembrance of their mother. The improvements include new footings, new equipment, accessibility and other features. It was a very special, touching event.



In case you have not heard, the next phase of our Bruce Freeman Rail Trail is now open and continues from Westford through Acton, almost to the Route 2 rotary in Concord. The public is invited to this ribbon cutting ceremony scheduled for Friday, May 11, 2018, at 3:30pm at NARA Park, 25 Ledge Rock Way in Acton. You may view more information about the ribbon cutting celebration and a recently updated map of the trail by visiting [the website of the Friends of the Bruce Freeman Rail Trail](#).



(Continued on next page)

This year's Memorial Day Services are scheduled for Sunday, May 27, 2018, and include observations throughout town, as well as a parade and service at Westford Center at noon. You may [read the complete information on our town's calendar](#). You may also contact our Veterans Service Officer Terry Stader at veterans@westfordma.gov or (978) 392-1170.

Please mark your calendars for June 21st from 5:30pm to 8:00pm for our 2018 Strategic Planning Retreat. We have a wonderful time each year at Kimball Farm where residents, town staff, committee and board members all get together to discuss current topics for our town and also our future aspirations. We are developing an exciting agenda which will be released shortly, but includes a discussion with our police chief and school superintendent about school safety, and we also plan to discuss the new center building. Please visit [the 2018 Strategic Planning Retreat's webpage](#) for more details.

Our police department recently had the privilege of working with the Westford Coalition for Non-Violence (WCNV) in providing victims of domestic violence a day of fun activities at One Stop Fun, located on Powers Road in Westford. The owners of One Stop Fun were gracious enough to close their facility to the public and opened their arms to welcome families who have been victims of domestic violence. These families, with kids ranging in age from 8 months to 13 years, have been living in shelters and trying to put their lives back together after having been affected by an abusive relationship. Members of our police department were approached by Detective Nirisa Nicoletti, who is our domestic violence prevention officer, and also a member of the WCNV, asking if they would be willing to help provide the children with gifts on this special day. As police officers who deal with domestic violence calls and see the negative affects they have on the victims and their children, members of the Westford police department jumped at the opportunity to help. The WCNV provided a list of children who would be attending the event and the police department was able to provide each child with a number of gifts. Thank you to all who were involved in this great event.



Members of the Westford Coalition for Non-Violence (WCNV) pose with donated gifts in Town Hall.

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The Board of Selectmen is seeking volunteers to be appointed to fill positions recently vacated following the recent local election for the School Committee and the Housing Authority. Both seats are for one-year terms until next year's election. The Board of Selectmen is scheduled to hold a joint meeting with the School Committee to consider making an appointment on May 22, 2018, and the deadline to submit a Citizen Activity Form for this seat is May 18, 2018, at noon. The Housing Authority seat is scheduled to be appointed at the Board of Selectmen's meeting on June 12, 2018, therefore the deadline for Citizen Activity Forms for this seat is June 8, 2018, at noon. Visit our town's boards and committees' database [to fill out a Citizen Activity Form](#) and indicate the groups you are interested in being appointed to.

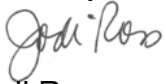
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There are several openings on our local boards and committees, including: Affordable Housing Committee, Agricultural Commission, Communications Advisory Committee, Cultural Council, Economic Development Committee, Energy Committee, Healthy Westford Committee, Historical Commission, Housing Authority, Parkerville Schoolhouse Committee, Parks and Recreation Commission, Pedestrian Safety Committee, Permanent Town Building Committee, School Committee, Westford Scholarship and Grant Committee, Zoning Board of Appeals, and others. I urge you to peruse our website for information about the work of these committees; and if you have interest, please complete a Citizen's Activity form at this link: [Citizen Activity Form](#) or stop by and fill out a form in the Town Manager's office.

Would you like more detailed information on Board of Selectmen meetings? Click the following links to access: [Board of Selectmen Documents](#) & [Board of Selectmen Meeting Videos](#).

Enjoy these sunny spring days!

Sincerely,



Jodi Ross
Town Manager



*Fire Department Intern from Westford Academy,
Maya Kapur, gears up and ascends in the tower truck ladder.*

May at the J.V. Fletcher Library

Look for the Library's entry in the Apple Blossom Parade on Saturday, May 12. This year, the highly anticipated annual Westford Kiwanis Sponsored Apple Blossom Parade will march along Main Street for the 50th time. Traditionally this is the event where the Library Children's Dept. entry in the Parade "announces" the theme for their upcoming Children's Summer Reading Program. Look for our float as we dance down Main Street. We hope to see you there!

Bimonthly Knitting Group: Monday, May 14 at 3:00 p.m. There will be no meeting on Monday, May 28 due to the Memorial Day holiday. Do you enjoy knitting? Drop in to our informal knitting group. The group meets the second Monday of the month from 3:00-5:00 p.m. and the fourth Monday of the month from 6:30-8:30 p.m. This is a drop-in program that is open to all ages. Bring your latest project and share advice and socialize with other knitters.

Cookbook Book Club: Tuesday, May 15 at 7:00 p.m. The Cookbook Book Club is dedicated to exploring cookbooks and sampling new recipes. Copies of this month's choice, The Pioneer Woman Cooks: Come and Get It!, by Ree Drummond are available for check out at the Main Desk. If you would like to bring a dish from the cookbook (not required to participate), please contact Sarah Regan, Head of Information Services at 978-399-2309. No registration required.

Adult Coloring Party: Thursday, May 17 at 7:00 p.m. Are you looking for a relaxing way to spend the evening? Explore the latest trend in relaxation; adult coloring books. Specially designed adult coloring pages and colored pencils will be provided. Free! Drop in.

Ukulele Strum-Along: You Learn to Play by Playing: Saturday, May 19 at 2:00 p.m. Focusing on 2 and 3 chord songs, this program is for the beginner ukulele player who wants to practice and play music with others. Singing is encouraged. Ukuleles available to borrow, songs projected onto a screen so no music stands or books necessary. This new program will meet on a monthly basis. Open to adults and teens. Register through our website or the Information Services Department at 978-399-2304.

Discover the Birds of Costa Rica with Peter Christoph: Thursday, May 24 at 7:00 p.m. Have you ever wondered why over 600 birds call Costa Rica their home year round? Due to its diverse topography, this tropical nation contains several life zones supporting a wide variety of birds, from tiny iridescent hummingbirds to colorful toucans. Discover Costa Rica's national treasures with a top wildlife photographer as he travels by boat through mangrove swamps and wetlands, and hikes into lush rainforests on the side of a volcano in search of wildlife. By sharing these remarkable photographs, Peter hopes you will develop a deeper appreciation for the birds, animals, and plants that inhabit this fragile tropical paradise where the rainforest meets the sea. Registration is required. Register through the Meeting Room calendar or call the Information Services Department at 978-399-2304.

The Friends of the J. V. Library, Inc. June Book Sale is on the horizon: Friday, June 8, Saturday, June 9 and Sunday, June 10. A Friends Members Only Sale will be held on Friday evening from 6:30 to 9:00 p.m. A Friends membership (which may be purchased at the door) is necessary for attending the Members Only Sale. The entire public is invited to the all day Saturday sale from 10:00 a.m. to 5:00 p.m. and to the Sunday half-price extravaganza sale from 2:00 to 4:00 p.m. The June Book Sale offers the perfect opportunity to stock up on vacation and summer reading.

Health Department

The Massachusetts Department of Public Health requires that all recreational, day, and overnight camps for children that operate 4 days a week in a two-week period must be inspected and licensed by the local board of health in the city or town where the camp is located.



The primary purpose of the regulations and inspection is to ensure that the camp provides an appropriate environment to protect the health, safety, and well being of the campers. The regulations also establish minimum sanitary and housing standards to protect the children at camp. It should be noted, that summer clinics, programs, municipal, and group sessions are not permitted or inspected by the Westford Health Department.

At the Health Department, we inspect and check all **camp** policies, safe structures and equipment, background checks on all staff and volunteers, adequate sanitary facilities, sufficient supervision of campers, appropriate plans in case of medical emergencies, natural and other physical disasters, injury and fire preventions plans, and immunizations.

The proposed 2018 licensed and inspected Recreational Camps for Children located in Westford, are...

- One Stop Fun
- Westford Swim and Tennis Club Camp
- Marcus Lewis Day Camp Program-East Boston Camps
- The Maker Farm
- Empow Studios Inc.
- Mass Pike Volleyball
- The Abbott Mill Works
- A Step Ahead Inc.- Nike Basketball/US Sports Camps

Health Department (continued)

THE HEALTH DEPARTMENT SUBSTANCE ABUSE PREVENTION CO-ORDINATOR IMPLEMENTS A DRUG DISPOSAL SYSTEM

Through a grant from the Greater Lowell Community Foundation, the Westford Health Department has purchased Deterra Drug Deactivation Pouches. These pouches are available at the Health Department and the Senior Center free of charge. If you have unused opioids, liquids or patches, you can place them in the pouch, add a little water, wait 30 seconds and then seal up the pouch and place it in the trash. The drugs are neutralized and along with the pouches become bio-degradable and are not harmful to the environment.

You should have a pouch in the house even if you do not need them now, you may need it at a later date. Remember, having unused medication at your house is one way that people can get the drugs for other uses.

The grant also allowed the town to hire Charley Savard, a Certified Drug Counselor. The counselor will contact the person or the family of a person who overdosed and ask them if they would like the counselor to come to the house or another location and counsel them on how to cope with the problem. This service would be done at no charge to them. For more information, contact Ray Peachey at 978-692-5509.



Health Department (continued)

THE HEALTH DEPARTMENT CONTINUES WITH TRAINING PROGRAMS

No matter how fast first responders can get to an emergency, bystanders are always the first ones to a scene. In the event of a severe injury, the first few minutes can be the most critical, and now Westford Town employees are more prepared to help! 25 Town employees participated in the "STOP THE BLEED" program put on by the Westford Health Department. Gail Johnson, the Town's Public Health Nurse, MRC Coordinator Nancy Burns, and Kerry Sorrentino from the Chelmsford Health Department, trained two separate groups in a one-hour session on how to apply pressure, apply dressings, and apply tourniquets to seriously injured people.



The Stop the Bleed campaign was launched in 2015 by the White House as a national awareness campaign. For more information, please contact the Health Department at 978-799-7843 or go to <https://www.dhs.gov/stopthebleed>



Westford Parks & Recreation

Parks and Fields Update

Opening Day Ceremonies for the Westford Youth Baseball and Softball league were held on Saturday, May 5, at the Parks & Recreation Graniteville American Legion Fields. The National Anthem, sung by Westford Academy Theater Arts, was followed by the Audrey Cogliano Playground dedication. Parks & Recreation thanks the Cogliano family for the enhancement and upgrade of this facility. The day's ceremonies also honored the 2017 and 2018 "Coaches Bench" inductees: Dayne Okuhara, Dave Batchelder, Jen Hoar, and Charlie Trantanella.

Parks & Recreation fields are open for the season, except for Frost Field, which is currently closed due to construction at the Roudenbush Community Center. [2018 Field Use Permits](#) can be found on the Parks & Recreation page at westfordma.gov. For more detailed information about Westford's Parks and Fields, see the [Parks & Recreation Facility List](#) at westfordma.gov. During inclement weather, some fields may be closed. For information regarding field status, call 978-692-5532.



Westford Partnership for Children (WPC)

After School Enrichment for Grades K-8: Session 5

WPC After School Enrichment Session 5, April 30-June 21, is underway. Session 5 includes activities such as Bead Mania, Floor Hockey, Math Games, and Outdoor Fun. Homework blocks are always included in the daily curriculum and are supported by each school's site director and staff. **Please Note:** The last day of school is June 22 – there will be no WPC coverage on that day. Registration Forms can be found at 22 Town Farm Road, or visit [About WPC](#) at westfordrec.com.

Westford Partnership for Children (WPC) is a Parks & Recreation sponsored After School Enrichment Program in collaboration with Westford Public Schools. The WPC program for students K-8 provides a safe, stimulating, and fun environment Monday through Friday, from school dismissal until 5:45 p.m.

Summer Weekly Programs: Fun, Flexible, with Age Appropriate Activities

Register by June 1st for Weekly Discounts

The school year is ending soon and it's time to start planning summer activities! Here is a snapshot of Parks & Rec's comprehensive Summer Weekly programs for ages 4-16: **Summer Beach Party**; **Kids Club**; **Destination Exploration**; **Ready, Set, Go!**; **Leadership**; and **Venture Out** – a new program designed just for Middle Schoolers. Program registration is in motion! Those who register and pay in full for select Summer Weekly programs by June 1st will receive 10% off the weekly fee. For detailed program information, visit [About Summer Weekly Programs](#) on westfordrec.com.

(Continued on next page)

Westford Parks & Recreation (continued)

On the Waterfront

Feel the breeze? June 17th is the opening date for Forge Pond and Edwards Beach. For information on beach and concession stand hours, and other waterfront offerings, like Swim Instruction, and Art at the Beach, visit [About Waterfront](#) at westfordrec.com.

Parks & Recreation is actively recruiting experienced life guards for our Parks & Recreation Summer Weekly programs and swim instruction classes. Interested individuals should call Westford Parks & Recreation at 978-692-5532.

Spring Programs Starting Soon

Tai Chi on the Beach:

Instructor Dave Crocker is teaching an eight-week session of tai chi (Yang Tao™ form) at Forge Pond. This moving meditation offers health benefits such as improved balance and stress reduction. During inclement weather, classes will be held at 22 Town Farm Road.

Run, Jump, and Kick with Coach D. J. Brock:

Tiny-Tots Soccer for ages 2 and 3, and Pre-K/Kindergarten Soccer for ages 4 and 5, provide soccer basics in an age appropriate, noncompetitive environment. Capture the Flag encourages team work and game strategy for grades 3-8.

Other upcoming spring programs include No Bake Cooking for ages 3-5, and CPR, AED, and First Aid with Ken Brooks. For those who like to drop-by, check out Parks & Rec's drop-in [Volley Ball](#) and [Badminton](#) programs. A full list of spring and summer programs can be found in the [Spring-Summer 2018 Brochure](#) online or visit [Programs](#) at westfordrec.com.

Register online at [westfordrec.com](#).

Marcus Lewis Tennis at Stony Brook Middle School Courts in Westford

The second annual Westford Junior Tennis Tournament will be held on May 19 and May 20, at Stony Brook Middle School. There will be a variety of events for ages 10-18. For details, see page 24 of the [Parks & Recreation Spring-Summer brochure](#), or contact Peter, pete@marcuslewisenterprises.com.

Marcus Lewis Tennis Extension Program (MLTEP) partners with Parks & Recreation to provide the Westford community with quality instruction for all ages, and all levels. Learn more about MLTEP spring-summer programs on pages 18-24 of our Spring-Summer Brochure found online at westfordrec.com. To register for MLTEP classes call 978-264-8470 or email westford@marcuslewisenterprises.com.

Visit: 22 Town Farm Road, Westford, MA 01886 | Call: 978-692-5532 | Or Register Online @: [westfordrec.com](#)

Memorial Day 2018

Westford celebrates Memorial Day this year on Sunday, May 27th throughout many locations in our town. The day starts out by honoring those veterans who are now deceased in various memorials in the villages. Brief ceremonies will be held at 9:00 AM at Freedom Park proceeding to the Forge Village memorials, the Graniteville memorial at 9:45 AM and then at the Bryne Ave. dam at 10:45 AM. Volunteer readers will read off the names of over 1,000 deceased veterans who served with honor starting at 10:45 AM on the Common. The list of names can be found at <https://data.westfordma.gov/honorroll>. A parade will commence from the Frost School (changed due to Roudy construction) and then around the Common at noon with stops at the town center memorials to render honors by veterans and the service organizations that support them followed by representatives from our police and fire departments, WA band, local government dignitaries and the ever-popular Westford Firefighters Pipes and Drums. At the common with will be a memorial service in recognition of what Memorial Day is all about.



We are looking for Honor Roll readers, please contact us if you are interested by calling 978-392-1170. More information at www.westfordma.gov/veterans

Veterans Graves to Be Flagged

Prior to Memorial Day, American Legion Post 159 and members of the community will be placing American flags on each of the veteran's grave sites in our town's 7 cemeteries.

The joint effort of our town Highway, Parks, Recreation and Cemetery departments will place the American flags on utility poles.

Over the last several years, we have made an extensive effort to identify every veteran buried in all our cemeteries through the use of the Find-A-Grave website. The staff and a group of volunteers from the Westford Veterans Services office, the Westford Museum, the Westford Cemetery department and St. Catherine's Parish, as well as others have taken photos of the markers for each veteran we have been able to identify. In the next phases we plan on adding the GPS coordinates so a visitor would be able to quickly locate a grave site of interest.

This is an ongoing effort of searching through the many records and identifying our Westford veterans, inadvertent omissions may have occurred which will be corrected as they are identified.

Our Town of Westford's Military Burial Index has been updated too, check it out at :

data.westfordma.gov/vets.



Find A Grave links to Westford Cemeteries

[Fairview Cemetery](#)

[Saint Catherine Cemetery](#)

[Hillside Cemetery](#)

[Westlawn Cemetery](#)

[Pine Grove Cemetery](#)

[Wright Cemetery](#)

[Russian Orthodox National Cemetery](#)

Recycling Commission

An Alert from the Westford Recycling Commission

Plastic bags of any kind are NOT acceptable in recycling bins and toters. Any and all recycling taken in plastic bags is discarded as trash. Contamination is costly to the town and the hauler.



In the 40 years since recycling was introduced, Americans recycle nearly 87 million tons per year. That means that each of us recycles approximately 1.5 pounds per day! However, the recycling model we all grew up with is changing, and we have to change with it.

Trying to recycle unclean or unrecyclable material increases sorting time and slows down the recycling process, damages the facility's equipment and causes contaminants in the bales of clean recyclables that decreases the value of the items. When this occurs, the ENTIRE load of recyclables is rejected.

Empty. Clean. Dry.

The new way to recycle.

Be sure your recyclables are empty, clean, and dry before you toss them in the recycling container.

EMPTY means making sure there is no food or product residue.

CLEAN means that empty recyclable containers should be rinsed. If you cannot get a container completely clean, it is best to put it into the trash.

DRY means letting containers dry before placing in your recycling bin or toter so that the paper and cardboard does not get wet. Wet or soiled paper and cardboard cannot be recycled.

By practicing **Empty. Clean. Dry.** with our families, we can ensure the recycling materials leaving our homes will be recycled.

Five MINI Household Hazardous Waste Days in Lowell

Saturdays, March 10, May 12, July 14, September 8, and November 17 are MINI Household Hazardous Waste Days in Lowell in 2018. Open to non-residents who pre-register. Required registration opens a month before the event. Check online for dates, acceptable items, and fees (cash only). Note that non-residents will have additional costs for some items. <https://www.lowellma.gov/1073/miniHHWD>.

Visit www.westfordma.gov/recycling for answers to your recycling and trash disposal questions.

Cameron Happenings:



Introduction to Mindfulness and Emotion Regulation with Lisa Wessan, LICSW, RM, CLYL

Tuesday June 5th 2-3PM. Call 978-692-5523 to register.

Based on the premise that every thought becomes a chemical reaction in your body, this workshop offers a multimodal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful and relaxed. You will learn classic and innovative emotion regulation skills from Dialectical Behavior Therapy (DBT), including how to understand and name your emotions, change your emotional responses and manage extremely difficult emotions. You will also learn how to apply Mindfulness methods, to improve your attention and focus, stay in the present, and reduce negative judgments about yourself and others.

Lisa Wessan, LICSW, RM, CLYL, is *psychotherapist, life coach, DBT Skills Trainer (Dialectical Behavior Therapy), author, speaker and Reiki Master*. Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including CNN, Paula Zahn Now, The Boston Globe, The Lowell Sun and The Wall Street Journal. She is in private practice in Westford, MA and travels widely presenting a variety of wellness and stress management programs. Visit www.lisawessan.com for further information.

T.R.E.A.D.

Applications are available at the Senior Center and will be **DUE ON AUGUST 1st**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2018. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

CAREGIVER STRESS

Thursday, May 24th at 5:30 PM

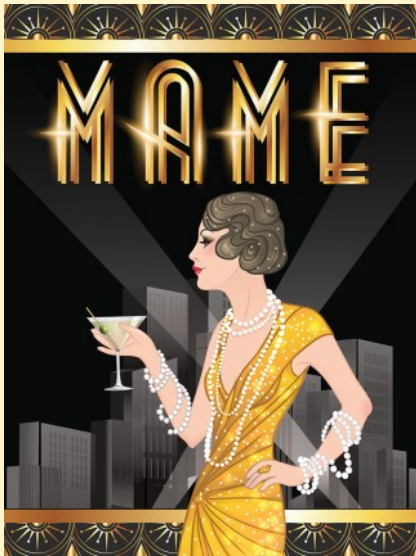
Alicia Seaver, a guest speaker from Bridges, will speak about Caregiver Stress and its impact on one's life. Providing care for a loved one can take a great toll on one's own health. She will discuss what the signs are, how to prevent burnout and what steps to take to maintain your physical and mental wellbeing while caring for a loved one. Please register for this free class by 5/21 at 978-692-5523.

(Continued on next page)

Cameron Center Trip Opportunities:

PLANNING FOR MEDICARE - Countdown to age 65!

Join us **Tuesday June 5thth** at 6:00 pm for a free seminar about when and how to enroll in Medicare, avoiding fees, Medicare Parts, Medigap plans and drug plans. Heather Hurd, a Blue Cross Blue Shield rep will be leading this class to help make this process feel less confusing. Come with your questions and please sign up by 6/1 at 978-692-5523.



MAME- North Shore Music Theatre June 13th

We will begin with a full course luncheon at the Danversport Yacht Club. The entrée choice is Fresh baked scrod or Baked chicken. Next, you'll travel to the North Shore Music Theatre for Broadway's Classic Musicals, "MAME". MAME follows the madcap adventures of everyone's favorite auntie, Mame Dennis, and her adoring nephew. She celebrates the Roaring 20s, overcomes tragedy, and perseveres through life with humor and style. The tour costs \$124 per person. Don't miss out on this heartwarming music by signing up at 978-692-5523.



INVITING ALL THOSE AGE 50 AND OVER

The Cameron Senior Center Proudly Presents!

Foxwoods/Mohegan Casino Trip

Tuesday- June 12th, 2018

Motor Coach departs Franco American at 7:30 AM

Please arrive at Franco American Parking Lot (55 W. Prescott St.) by 7:15 AM

Please park at the rear of parking lot .

**To view the complete Council On Aging
Newsletter please visit our website:**

**www.westfordma.gov/coa and click on
[Newsletters.](#)**



Westford Senior Center